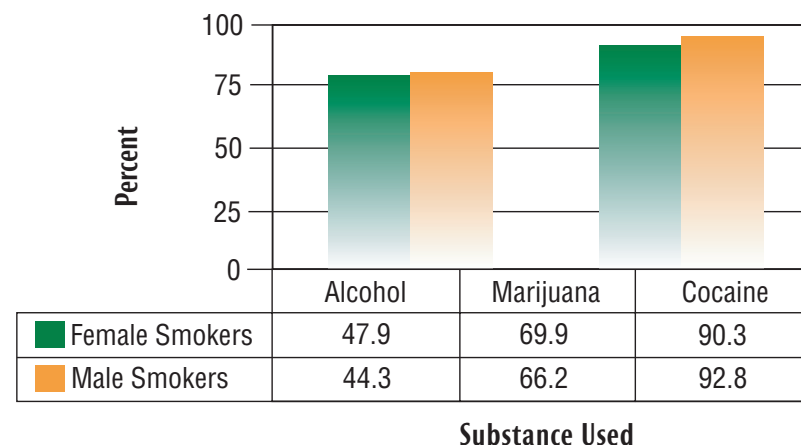


- Over two-thirds of adolescent smokers report experiencing withdrawal symptoms during attempts to quit or reduce their smoking. Craving or strong desire to smoke was the most commonly reported withdrawal symptom. [1]
- There are over 4,000 chemicals in cigarette smoke. Nicotine is one of the components and has been proven to be addictive. [2]
- The tobacco industry has steadily increased its spending on advertisements and promotions of their products. In 1999 over \$8.4 billion was spent – or more than \$23 million daily, or \$1 million per hour. [3]
- The earlier a person starts smoking, the more difficult it is for him/her to quit. This is especially true for those who start smoking before age 13. [4]
- Three motivating factors to attempt quitting smoking listed by young smokers were: [5]
  1. The tobacco-related death or illness of a close relative
  2. A request from their boyfriend or girlfriend
  3. Advice from their doctor
- Nationally, there is a lack of smoking cessation programs available for teens. [6]
- In Hawai'i, 7 out of 10 current smokers\* in middle school and high school want to stop smoking cigarettes. [7]

Percent of U.S. Young Adults, 18-24 yrs Who Smoked Cigarettes Preceding Substance Use, 1997-1998



Data Source: Hawaii-2000 Hawaii Youth Tobacco Survey [7], US-Centers for Disease Control and Prevention [8]

- In Hawai'i, 64% of middle school students and 54% of high school students who are current tobacco users live with someone who smokes. [7]
- 71% of high school current smokers tried to quit during the past 12 months. [7]
- In Hawai'i, 35% of high school students who are current smokers feel the need for a cigarette daily. [7]

\* Current Smokers: Students who reported smoking on one or more of the past 30 days

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